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Namaste India

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VISIT…

NAMASTE INDIA - GROUP OF E-MAGAZINES

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Akaal Academy Art & Artists | SSSF (R)

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FEATURED ARTICLES

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CLUB MEMBERSHIP

THE TEAM

NAMASTE INDIA - General

BHAVNEET KAUR M.A. , B.Ed , PGDEA

Educator , Ex Principal , Poet , Trainer

FOUNDER : Editor in Chief

An Educationist by profession, with excellent interpersonal communication skills, I strive towards the commitment towards inspiring young minds and creating classroms that will capture child's imagination and breed success. I am a professional educator with an immense 30 years of experience in teaching, developing curriculum , training and leading schools.

Akal Academy of Arts and Artists was founded by me and my sisters to promote Art and Culture.We are happy to see it grow to Akal Academy of Educators and Akal Academy of Business Women I look forward to create a cooperative community with the help of this e- magazine .

SUDHIR S. SALUNKE

Theme & Concept Designer

FOUNDER : Creative & Media Head

A Creative Designer by Profession, I have worked in all spheres of Media and Communication. I have also worked with various News Channels and Animation Studio's. An ardent lover of Arts and Culture has made me create opportunities for people with similar goals to create a platform for future generations.

Sneh Sparsh Social Foundation was the first step towards the goal I sought for. My 15 years of experience in Media and Communication has led me to envision the dream of our e-magazine Namaste India.

UMEET KAUR BAL M.A. , M.Ed

Committed Educator

Sub Editor

I have completed my M.A, M.Ed with 10+years of experience. I am an enthusiastic, committed educator with innate ability to understand and motivate children, to remain flexible ensuring every child's styles and abilities are addressed.

I now run a coaching center along with a team of wonderful faculties called as " Ace Classes- Academic Center of Excellence" at Pune.

GURPREET K TUTEJA

Academic Coordinator, Educator, Trainer, MIE Expert

Sub Editor

I am an extensive educationist & mentor, working for the development of children in an effective & innovative manner from last 6 years. I love dealing with subjective teachers & their classroom concerns by training them with various subjective teaching techniques. I'm also expertise with effective parenting training for better development of a child.

I'm the Academic Founder of 'Arch Makers', a platform to bind children, teachers & parents together for an effective learning environment.

Being an educator & leader, I'm passionate about conflict resolution, advance curriculum development, lesson plans, nurturing classroom environment where children are more engaged in learning by doing, establishment of a system where a child is free to enhance his skills.

THE TEAM - NAMASTE INDIA

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Gaanappriya Mohan Yogesh

Bio scientist/Poetess / Bilingual Writer

Biography:

Gaanappriya, a true 'geek girl' , had her early life in various villages and cities spread across the South Indian subcontinent, and the fashion capital of the world, New York City began writing down her experiences. Her writing started from her school days, when she eagerly waited for her language classes and essay writing competitions.

An avid reader and writer from childhood days, she shares the poignant experiences of her life and travels, weaving stories and poems both in English and Tamil. She is a passionate blogger, and her writings have been published in various literary journals and online sites.

Gaanappriya is a scientist by profession, having post-graduated in Biotechnology and working on cancer research for.. over a decade, and has been conferred with "Best Women Scientist" and "Young Women Scientist" awards. She is the youngest senate member of St Teresa University, the Grenadines.

She is also the winner of the "Nutpam Award" for her contribution to Tamil Literature, a National Championship in Karate, another National Championship in Yoga and a Best Dancer award. When she is not at work or on literary pursuits, one can find her volunteering with her Team DESH where she interacts with families of the soldiers of the Indian Armed Forces.

She currently lives in Bangalore, India, with her husband.

An open letter to every Soldier !

My dear soldier,

You have attained supreme sacrifice. I can proudly say, there is nothing great than dying for mother India. But at the same time, I also understand and realize, you are not only soldiers who of the country, but you are also a son of beautiful parents (Maybe the only son; and it makes a more substantial impact), you are also a companion/lover/soulmate for dignified lady love, you are also a sibling to a responsible brother/naughty sister, you are also a FATHER to your dear most kid. Yes, you are all of these, yet you decided to be a soldier ready for any sacrifice.

I know for sure that I should thank you and your family for making all the Indians your extended family. Because of your sister, who painfully let go of her brother, I am celebrating Raksha Bandhan and getting gifts from my brothers. Because of your kids, who sacrificed their fathers, my kids are holding their father's fingers to walk their first step. Because of your mother, who forewent her meaning for life, my mother enjoys her child's embrace. It is because of your loving father, who had done the last rituals for his son, the other fathers in the country could have their last rites done by their sons! (As I write this, I understand how painful it would be for Varadarajan Uncle, father of MAJOR MUKUND VARADARAJA, ASHOK CHAKRA (P) with whom I had been continuously talking to! Sorry, dear father, my words might not set things right. It is just to tell you that Mukund anna is remembered every day!). Because of you, the whole nation is busy doing something or the other, yah so busily doing that most of us never knew who you all were.

Most of us are ready to watch the so-called celebrities on screen. Olive green is always a fond color for many of us, just to see and not wear. You chose to wear that and walk with your heads held high.

There were many more options to survive and lead a luxurious life, yet you chose to live a short life filled with gleaming pride. When most of us preferred to hold a PS – 3 and sit in an AC chamber, you preferred to hold a riffle and walk down the snow. Yes, you know what? We all belong to the same generation; we share a similar age, which makes all the difference!

I am sure, from somewhere, up above; you shall be reading this through the zillion eyes of every fellow Indian whom you saved. As you read this, please lead your loved ones to go through the pain and be with them as they miss you and cry for you every day. As you read this, please accept our apologies on behalf of most of us for forgetting you and letting Mother India in the clutches of bad influences. Please accept our gratitude on behalf of a few of us, who understand the pain of your loved ones whom you have left behind, for our sakes.

I am not sure, not so very confident in assuring that Indians won't get into the clutches of bad influences (BAD may denote anything against the country), at least, those very few of us shall refrain ourselves from all those and aspire others to be so. Let us take a small step towards what we wanted India to be, towards that India for which you made this supreme sacrifice. Though your family members cannot accept your absence, a few of us have begun to see you, in every Indian for whom you all have given your lives. And, we shall let others realize it with real eyes, and the day is not too far! And times again, please do not rest in peace until that!

Bidding you with shedding tears,
A Proud Indian with a Pain.

Gaanappriya Mohan Yogesh.

A team of civilians for the soldiers

We all have been reading from ages that India got her freedom from the clutches of British. Are we aware that this freedom and the honor of our Mother India have to be guarded every single day? And to do this, the annual maintenance cost that the country is paying by the very lives of soldiers?

To those soldiers who bid good bye to their families to protect the unknown faces, to those families who opened their doors to the loved ones wrapped in tri-color, to those ladies who lost the very soul of theirs to the wars, what are we to do? These people do not need a hospitality show or a live interview. Will their memories be etched in our minds forever? We do not know. To us, their martyrdom is news. To the families, the martyrdom is a life time pain.

When everyone in this country is busy working from home or worrying about COVID or excited about the festivals that ahead of us, there are a group of people who are busy with painting diyas and sending them as a token of gratitude to the martyr's families. That is Team DESH for the families.

Who is DESH?

Team DESH - Founded by Adrija Sen and Anasuya Mitra in February 2014. DESH is no formal registered NGOs but a bunch of like-minded friends who have come together for a cause. DESH members are those people who live with a dream of a nation where words come out from the depth of truth where tireless striving stretches its arms towards perfection, where the clear stream of reason has not lost its way into the dreary desert sand of dead habit.

DESH is not registered neither DESH go by the books as an organization, as DESH thought a formal team may dilute the purpose. DESH don't do any fund-raising or get any sponsor ships. Whatever projects DESH do, the members spend from their pocket and pursue the projects out of sheer dedication and passion. When the members say that each member is the face of Desh, one gets goose bumps looking at the unity and cause that they are working for.

Motto –

1. To give the due respect and share of the soldiers of our nation, irrespective of ranks.
2. To provide moral, psychological and social support to the martyrs' families - irrespective of ranks.
3. Make people of our nation aware of army's role and sacrifices in protecting the democracy of this nation.
4. Motivate young generation of Mother India to join army and guide them on how to join.

Vision –

The team intends to provide emotional support to the families of the martyrs.
DESH spreads the stories of our unsung brave hearts to the citizens of the Nation.
DESH members go to school and tell the stories of the braveries of our heroes.
DESH take the students to martyrs houses and soldiers' houses to motivate them to join armed forces.

How it started?

Way back two childhood friends understood their passion to serve in the defense forces. Back in those days, women in defense forces was a bit rare phenomenon. One of the women also gave an SSB but, fate had different plans. And they conceived the team DESH. Anasuya and Adrija started DESH in 2014, to meet and serve the martyrs families.

What has DESH done so far?

Six years of DESH formation, DESH have reached out to hundreds of martyrs families. As a team DESH tries to reach to the remotest corners of the country and assure the parents / wives/ siblings and children of the soldiers that they are there for the soldiers' families and try to be with them in their times of pain and pride.

DESH makes sure that though the country or the state forgets the Brave hearts birthdays and martyrdom days, DESH ensure that one of us reach there in person or make sure that DESH send a flower bouquet and a card, to the homes.

DESH visits them across India and builds a relationship with them by being in regular touch with them. With time they become a part of our family and DESH become a part of their family.

The projects are

1. Rakhie to border - DESH send close to 8000 rakis to the forces serving in the border every year.
2. Flowers for the Heroes - DESH send flowers and cards to martyrs families on their Birth anniversary and Martyrdom days and for the serving officers whom DESH know of, on their birthdays.
3. DiyeShaheedoKeliye - During Diwali, DESH buy earthern lanterns, paint them and send to the martyrs families . Which ever cities are possible to visit, DESH personally visit the families . Otherwise the Diyas are couriered.
4. VijayDiwas commemorations - Kargil Vijay Diwas (July 26) and Indo Pak war Vijay Diwas (dec 17) DESH gather, have special invitees who have fought the war and survived, serving officers, gentlemen cadets, Veer Naaris (wives) of the martyred soldiers, Parents or kith n kin of the Martyred soldiers, DESH will gather and remember the fallen heroes, rejoice and relish the victories. DESH organizes gathering and interactions between the veterans, war heroes with people to increase the awareness about forces.
5. DESH organized a book launch in calcutta titled "Kargiler Akashe"(A bengali book written by a veteran on Kargil war. The book launch programme was graced by the various war veterans and a lecture by Sub Maj Y S Yadav, PVC.
6. DESH organized "Vartalap" – live conversation with the families of (martyred)-soldiers. This was greatly welcomed by the families and civilians. Close to 27 episodes of Vartalap is telecasted in DESH's YouTube channel.

Don't we think, we need to send a huge round of applause to this wonderful team DESH?

You can find DESH here: https://www.facebook.com/groups/desh.ke.sainik.

By Gaanappriya Mohan Yogesh

DESH members with the soldiers' families.

Simmi Khanna

CLINICAL DIETITIAN AND LIFETSYLE COACH

JAMNAGAR I GUJARAT

Childhood memories of food habits

Food forms an important part of our memories. Sometimes even the smallest things like an old idiom, a conversation about a childhood friend, or relishing grandma's recipe after years can bring back a lot of memories. Even the small habits that we have grown up hearing like, "don't go out on an empty stomach, do not talk while eating, do not share glasses, do not chomp...are much more than good manners. In fact going back to some of these habits can magically impact our health.

Sitting on the floor while eating: I still remember in those days there were no dining tables and we all sat on the floor while having food and very few suffered from lifestyle diseases that have become so rampant in our times. Sitting on the floor cross legged (sukhasan) to massage the abdominal muscles, boost circulation in lower part of the body and increase flexibility.

Food contamination with saliva: Don't we live in an age of paradoxes when at one hand we use sanitizers and medicated hand-washes and on the other do not mind liking into someone else's ice-cream with traces of the other person's saliva? Sharing drinks from common glass, food from the same plate and taking bite from the same pizza slice appears to be quite a normal practice for many of us and rather impolite to refuse if a friend is offering it. So start as a practice of hygiene and a wise way to prevent spreading of diseases.

Not talking while eating: Most of us have grown up hearing that talking while eating is a bad manner since it's a possibility to gulp down food .chewing food well enables in better digestion.

Cooking in earthen utensils: my mom cooked food in earthenware because clay pots adds calcium, phosphorus, iron, magnesium, sulphur and several other minerals to food. Clay pots are also alkaline in nature so they mix well with acidic food and balance its PH level. Remember, deadly diseases like cancer do not develop in an alkaline atmosphere.

Early Dinner: The simple reason behind this healthy practice is that the earlier you have your food, the more time the body has to digest it before it goes to rest during sleep. This practice prevents body from piling weight. Eating late also negatively impacts sleep.

Our children's health and well being are dependent on our commitment to promote good eating habits at home.

Simmi khanna

Ms. Maulie Abraham

M.A. Edu, M.COM, B.Ed, PGDCA

Educator (Radhika EduCare School, Jamngar)

Suicide

A small word but yet carries so many emotions... the first reaction after hearing this word will that be of a Surprise...

Suicide is that mental thought of pain and agony through which almost every one passes once during their life... But only few puts it into action... only few turns it into a reality...

Suicide is the act of intentionally causing one's own death.

Going by medical explanations - Mental disorders, including depression, bipolar disorder, schizophrenia, personality disorders, anxiety disorders, and substance abuse–including alcoholism etc. – are risk factors. I'm not here to instigate or motivate people towards suicide but I am here to throw light on the driving forces which leads one to commit such an act and the suffering it brings along.

When a person gets a thought of committing suicide, there are several things responsible behind that thought to have occurred.

May be he/she is lonely, away from his/her loved ones, may be heart broken, may be psychologically disturbed etc. which has led to the thought to commit suicide.

If we try to rationally think and try to understand suicide, it's basically fear to face the situation and the world at large.

Suicide isn't limited to certain age group of people. It's prevalent in almost all age groups.

Although we are trying to rationalise suicide and also trying to understand why one commits it, we will never be able to justify it. Coz it's subjective. We will never be able to know what one is going through which has led to the thought of commit suicide. What's the intensity of pain which has led one to commit such an act? It's impossible to understand.

Only the person who tries to commit it, if fails and survives, can explain the thought process which led him to do so.

But if he/she succeeds, his/her suffering was only for that moment, but the suffering of those connected to him/her, those associated to him/her, those who loved him/her, will be for lifetime.

Committing suicide is not an act of heroism. It's an act of escapism. One who does so is not courageous. But he/she is a coward.

So, I would hereby shout out to those who have, even got a thought of committing suicide, even for a split of a second, stop. Stop for a moment and think about everything that will follow on those who are left behind after you are gone. Ask yourself, will ending your life end the misery??? Ask yourself, is it all worth it??? Ask yourself, was it for this day that you lived for???

My dear friends, life is too precious to waste. There's nothing which cannot be solved. There's no problem which is greater than life itself. One should be grateful for being alive.

There's always someone around the corner whom you can talk to. There's always someone with whom you can share everything and anything. Find that someone and in the process find yourself. Don't run from problems, don't try to find out an escape route. Instead face it bravely and come out alive... ALIVE...!

Mrs. S. SUMATHI

M.A., B.Ed., BT Assistant, Sri KGS HSS, Tanjore dt.

WOMEN EMANCIPATION

"Many women do noble things, but you surpass them all."

In most societies, women didn't have the same rights as men. Their place was at home. Their task was to attend their husband, to give a childbirth and to raise them without any queries. Emancipation is the process of being set free from legal, social or political restrictions. It implies the liberation of a person from subjection or domination. It is an effort to procure economic and social rights, political rights or equality, often for a specifically disenfranchised group or more generally in discussion of many matters.

Women emancipation is the effort to secure equal rights for women and to remove gender discrimination from laws, institutions and behavioral patterns. The women's rights movement began in the 19th century with the demand by some women reformers for the right to vote, known as suffrage and for the same legal rights as men. The Civil Rights Act of.. 1964 protect women as a powerful legal tool to end sex discrimination and to erase cultural stereotypes about females. After the civil war of 1865, many reformers committed their energies to gain women's suffrage. After fifty years struggle, in 1972 the Equal Rights Amendment (ERA) was approved. Though it has more opposition, supporters of the ERA had cast it as mainly a tool to improve the economic position of women. The emerging right-to-life movement saw the ERA as an additional legal basis for women's rights.

Later in Tamilnadu, men like Rajaram Mohan Roy arose who took up the cause of women's reforms and emancipation. He abolished Sathi and established the Brahmo Samaj which taught equality of men and women. Rajaram Mohan Roy was followed by Dayanand Saraswati, Eswara Chandra Vidyasagar, Subramania Bharathi who laboured for the rights of women and hampered their growth physically and mentally.

Dr. Annie Besant had made a valuable contribution for the advancement of women. The Woman's Indian Association started in 1917, with Dr. Annie Besant as its first President, was the first women's organisation which banded women together for their self-development. It was the first body which demanded civic and political equality for women. Srimathi Sarojini Naidu's role in the battle of women's rights is also remarkable. It was the Indian Political Struggle for freedom that has advanced women to the present status. Indian women played a key role in the modern world with chaos. They are the ambassadors of love, peace and unity. Non-violence, the great concept of Gandhiji only can save the world from a cataclysm. It is the women of India only who can carry the message best to change the world a better place of unity and peace.

The modern woman is independent. She knows how to take charge of her own life. She is responsible for her own actions and is not afraid to take well-thought out risks. The modern woman is bold, self-reliant and confident. International studies demonstrate that when the economy and political organisation of a society change, women take the lead in helping the family adjust to new realities and challenges. She is clothed with strength and dignity. She speaks with wisdom and faithful instruction is on her tongue.

"The true beauty in a woman is reflected in her soul."

Mrs. S. SUMATHI

Shamim Merchant
Author
A teacher in an IGCSE international school, Mumbai

WOMEN EMANCIPATION

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः ।
यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः ॥

The divine are extremely happy where women are respected;
Where they are not, all actions are fruitless.

If we believe the above shloka then it doesn't look like the Gods are happy with our country. This isn't my thinking. It's what the latest statistics show. Take a sneak peek into the following before reading further. These are approximates and internet searched.

1. There are over 200 million illiterate women in India.

2. 27% of the girls are married before the age of 18 and 7% before they turn 15.

3. Out of the total count of child labour, 4.5 million are girls.

4. Horrifyingly, every 16 minutes, a woman is raped somewhere in India.

5. 16 women out of every 100,000 across India have experienced domestic abuse in some form.

Above pointers are exclusively related to women and we still haven't considered other aspects of unfairness and injustice which pertains to both genders. Like, caste system, human trafficking, poverty and lack of basic survival necessities.

'Women emancipation', literally means: the process where women in general can gain access and control to all resources in a nation.

Regretfully, this is not enforced strongly in our country or even around the world. Otherwise we wouldn't be having countless NGOs fighting for women's rights.

Ironically, women are ill treated in a country where we worship Maa Durga, Goddess Saraswati and Laxmi. The Vedas and Upanishads have mentioned highly of women. But over centuries, selfish people, believing in the patriarch society, twisted many facts for their own benefit and convenience. Which is why the state of women is so pathetic, in spite of modern times.

We, the educated, contemporary lot are actually only a handful. Moreover, due to our lifestyle and comfortable, digital working environment, we don't come in contact with the underprivileged and less fortunate types regularly. Not unless you are practically working for them. So to many, the figures mentioned might look quite alarming.

The most significant aspect that'll change the face of women's status, is EDUCATION. Only when female literacy rate increases, will it bring a drastic change in other fields also. Education is the light which will shift the clouds of ignorance. It automatically leads to thinking and doing bigger and better to improve one's own surroundings and circumstances. The first wave of revolution that education brings in a person is confidence and self worth. The entire outlook towards life and living transforms for the better.

We all have a voice and wish to be heard. We all have choices and want the right to decision making. Be it a man or a woman. Emancipation begins with respecting these rights of a human being.

Women are not only the strength of a household but when given an opportunity, can become the strength of the nation as well.

"If you wish to know how civilized a culture is, Look at how they treat its Women" Bacha Khan

Shamim Merchant

Sulochana Krishnamurthy
Tamilnadu

"Things will change one"

Pen was so sad. He was sitting in a corner, alone, in darkness. Nobody noticed him and cared for him. The door was slightly opened and there came his friend Gel. "Why are you all alone and sad?" Gel asked pen. "Nobody wants to be with me" Pen said in grief. Tears were rolling down on his cheeks. "Hey! Come on, what is your problem? Tell me." "Where is your dearest friend Paper?" asked Gel. Pen said, "He is employed with Printer, who is pressing him with lot of work, and he is so sick because of the wounds of letters, all over his body".

Gel felt uneasy to hear that. Then he asked, "What about your closest companion Fingers?". Pen expressed a deep breath and said, "Don't you know about her new friends, the rich guys, named Laptop, Mobile, Tab and I phone?". "She has been changed so much and she had forgotten our long relationship from our childhood".

"Don't worry Pen, things will change one day and so as the world and relationships", consoled Gel and went off. Pen was sitting there, seeing his dearest Fingers dancing swiftly with the Laptop and the Mobile at a time. Suddenly there was a heavy down-pour with thunderous storm and the power supply went off. Nearly 20 hours had gone, and Pen saw trees broken and fell with a thud and the place was flooding. All a quick moment Pen was so excited to feel the soft touch of Fingers on him and both started dancing with the Paper, making imprint of the word "HELP".

The miraculous event of REAL PRINT happened there, and Pen thought of Gel's words "THINGS WILL CHANGE ONE DAY". He silently thanked the storm for making the sense of relationship at least for a while and thought "ALL THE TECHNOLOGY IS ORIGINATED FROM THE MANKIND AND NOTHING CAN REPLACE THE HUMAN BRAIN!".

Sunil Gohil

Teacher, writer/poet
Bhavnagar, Gujarat

True role model of women emancipation – "Sojourner Truth"

Sojourner Truth was an African American evangelist, abolitionist, women's rights activist and author who lived a miserable life as a slave, serving several masters throughout New York before escaping to freedom in 1826. After gaining her freedom, Truth became a Christian and, at what she believed was God's urging, preached about abolitionism and equal rights for all, highlighted in her stirring "Ain't I a Woman?" speech, delivered at a women's convention in Ohio in 1851. She continued her crusade for the rest of her life, earning an audience with President Abraham Lincoln and becoming one of the world's best-known human rights crusaders.

Sojourner Truth was born Isabella Baumfree in 1797 to James and Elizabeth Baumfree, slave parents in Ulster County, New York. Around age nine, she was sold at a slave auction to John Neely for $100, along with a flock of sheep. Neely was a cruel and violent slave master... who beat the young girl regularly. She was sold two more times by age 13 and ultimately ended up at the West Park, New York, home of John Dumont and his second wife Elizabeth.

Around age 18, Isabella fell in love with a slave named Robert from a nearby farm. But the couple was not allowed to marry since they had separate owners. Instead, Isabella was forced to marry another slave owned by Dumont named Thomas. She eventually bore five children: James, Diana, Peter, Elizabeth and Sophia.

At the turn of the 19th century, New York started legislating emancipation, but it would take over two decades for liberation to come for all slaves in the state. In the meantime, Dumont promised Isabella he'd grant her freedom on July 4, 1826, "if she would do well and be faithful." When the date arrived, however, he had a change of heart and refused to let her go.

Incensed, Isabella completed what she felt was her obligation to Dumont and then escaped his clutches as fast as her six-foot-tall frame could walk away, infant daughter in tow. She later said, "I did not run off, for I thought that wicked, but I walked off, believing that to be all right." In what must have been a gut-wrenching choice, she left her other children behind because they were still legally bound to Dumont.

Isabella made her way to New Paltz, New York, where she and her daughter were taken in by Isaac and Maria Van Wagenen. When Dumont came to re-claim his "property," the Van Wagenens offered to buy Isabella's services from him for $20 until the New York Anti-Slavery Law emancipating all slaves took effect in 1827; Dumont agreed.

After the New York Anti-Slavery Law was passed, Dumont illegally sold Isabella's five-year-old son Peter. With the help of the Van Wagenens, she filed a lawsuit to get him back. Months later, Isabella won her case and regained custody of her son. She was the first black woman to sue a white man in a United States court and prevail.

The Van Wagenens had a profound impact on Isabella's spirituality and she became a fervent Christian. In 1829, she moved to New York City with Peter to work as a housekeeper for evangelist preacher Elijah Pierson. She left Pierson three years later to work for another preacher, Robert Matthews. When Elijah Pierson died, Isabella and Matthews were accused of poisoning him and of theft, but were eventually acquitted. Living among people of faith only emboldened Isabella's devoutness to Christianity and her desire to preach and win converts. In 1843, with what she believed was her religious obligation to go forth and speak the truth, she changed her name to Sojourner Truth and embarked on a journey to preach the gospel and speak out against slavery and oppression.

In 1844, Truth joined a Massachusetts abolitionist organization called the Northampton Association of Education and Industry, where she met leading abolitionists such as Frederick Douglass and effectively launched her career as an equal rights activist. In 1851, at the Ohio Women's Rights Convention, Truth spoke out about equal rights for black women. Reporters published different transcripts of the speech where she used the rhetorical question, "Ain't I A Woman?" to point out the discrimination she experienced as a black woman. She met with leading women's rights activists of her day like Elizabeth Cady Stanton and Susan B. Anthony.

The speech became her most famous, though it was just one of many as she continued to advocate for human rights the rest of her life.

Truth died at home on November 26, 1883. Records show she was age 86 yet her memorial tombstone states she was 105. Engraved on her tombstone are the words, "Is God Dead," a question she once asked a despondent Frederick Douglass to remind him to have faith.

Source – History TV, Sojourner Truth's speech, 12th Standard textbook lesson.

Sunil Gohil

ANUJ KUMAR

Author

Currupt Future Skill Development (Chairman)

Puranpur Pilibhit U.P.

Servant's bureaucracy

India's servant royal was considered to be a matter of national pride two-three decades ago, but now we should be ready to consider it a matter of national shame, people have already understood the experience of what they have already understood from their experience. The Hong Kong-based Political and Economic Risk Consultancy Limited, based on one of its surveys, has declared the Indian bureaucracy as the most corrupt and inefficient in the whole of Asia. Not only this, other countries have left the country behind in the list of corruption and malaise.

When he was proud to describe his bureaucracy as the only good legacy of British colonialism, then all the newly independent countries of Asia, Africa and Latin America were victims of some kind of tyranny or anarchy. At that time, it was believed that only educated, well qualified and dedicated bureaucracy in India saved it from becoming the craze of more ambitious short-sighted politicians.

But in the eighties, slowly and then rapidly the whole game changed and seeing the bureaucracy called the wings of the country, became a stone.

The PERC report states that the Indian bureaucracy does not leave any chance of crying in the way of a native or foreign entrepreneur, but to understand the PA smile Interestingly, Prime Minister Manmehan Singh pointed out the problem soon after coming to power and started some studies at his level to improve the functioning of the bureaucracy. Making them the basis, the report of the Sixth Betan Commission said that the Indian bureaucracy will now have to come out of its bonded control role and come to the role of promoter.

Accordingly according to this report, rules of progress and wisdom were also suggested, but the strong length of bureaucrats, while applying the recommendations of this report, said sweet and sweet gossip, kava thu bala attitude. Despite ensuring that their salaries are not as much as that of the officers of the private companies, they did not let their opi-ational facilities come to the fore, but in the name of taking accountability and changing their roles, it was clearly shown.

The political structure of the country, divided into small mines and victim of insecurity, has started considering the bureaucracy as a milch cow for itself and cannot even dare to put a heath on it.

ANUJ KUMAR - Author

Mr. V. Heymonth Kumar

Educator-Trainee I KSR College of Education

Women Emancipation

The world is not great enough to live,
Women are still toys that always give---
Gender discrimination is the worst,
Amidst all the inhumane acts with lust;
Without women, there is no power,
Their noble deeds can shake the tower:
In every house, women do their work,
And calls as 'jobless' and have no perk!

Gender stereotypes limit their skills,
That dominates their earnings for bills;
Why should every girl wear pink?
To soothe the eyes of men who wink...
Uneducated men rule the world of female,
Ignorance is the enemy of painful tale:
Being a female is the curse for all,
Women are rising even though they fall;

Our world is a palace for all the men,
And a lawful cage for the women---
It is a nightmare without femininity,
We must work together for humanity;
Ah, help for help by hand in hand,
Women emancipation is not a wand!
It is not for ornaments and gold,
An essential for the peaceful world.

Mr.V.Heymonth Kumar

HARVI D. GHEDIA

Bachlores in biotechnology (SY)

DREAMS COME TRUE

Dreams,
Some are big,
And some are small.
Some don't take
Any time at all.

Where will your dreams will take you
A far happy land
Or a battle field
Where you make a noble stand.

For some it may be a passion
Like acting Or may be dance.
Or perhaps maybe something different
Like having a strength to take a chance.

For each of us it's different
But first we have to start
To make the dreams reality
That we hold in our heart.

Gloomy is the vision
If that is where you stay
It's nothing but a remainders
Of shadows far away.

Find a new direction
Leave behind the beast
You can only see the sunrise
By turning to the east.

Take only basics
And leave the rest
Space is what you are needed
And happiness you'll find.

Niti Sejpal - Titli

Student of St. Xavier's School, 12th Commerce. Jamnagar.

Why?

Why does a woman have to be afraid?
That will she given that respect of society?
Or again she have to fight against dowry.
Will she be able to study?
And again she have to force herself to look beautiful and not ugly.
Will she'll get freedom?
Or she have to prove herself to the person she want to become?
Why this inequality with woman only?
Why this partiality with woman only?
Why she only needs to suffer?
Why those beliefs only to her?
She should get her right,
She should get that freedom,
She must get respect in society,
And once ask yourself a question,
Why?

Niti Sejpal - Titli

Jasmine Panda

ON THE VERGE OF INDEPENDENCE

Turning the pages of history and revisiting our glorious past,
Bapu brought Independence, till eternity it will last!

Today our dream for Independent India is
To be free from the clutches of unemployment and poverty,
To bring equality, end immorality and sustain humanity!
To focus on Skill development and generate employment,
To be free from pollution and focus on Sustainable development!
To focus on "Education for all" and providing good health facilities,
To revive the culture of our India "Unity in all diversities"!
To make India safe for women and embark peace prosperity,
To promote "Make in India" and boost our India's economy!
To nurture the age-old concept of "Vasudheiva Kutumbakam",
To use technology judiciously and spread sense of humanism!
To end corruption, rape, hunger, deprivation and scarcity,
To inculcate values of brotherhood, patriotism and honesty!

Ramarajya, every Indian's dream going to be established,
The golden dream of Bapuji going to be again realised!

We had got Independence, but soon going to be Independent,
We had got Independence, but soon going to be Independent!!

Disha patel

3 rd year BPT I Mansa gandhinagar I Physiotherapist

Enlighten woman

It was a dark night when I was born,
Everyone had enjoyed their meal without hurry & bustle ,
I didn't figured out what was my mistake,
Why would anyone want to kill,
I've felt that such grief at an early age,
No matter what I was ok with it
That day my mother saved me ,
She also gone through the bitter words ,
as always when a girl has born,
Despite of that she raised me with love
Who ever endured the hardships for me ,
Today I will say something for that,
She is also proud that I am her daughter
I will study hard and increse my confidence to prove that girls have enough ability to impact irrespective of any field,
Looking forward she will also trust me,
I am the ray of hope for that
I will remove the darkness of her life,
I will fight for honor with society ,
This woman will get respect and rights at any cost,
No I am not weak woman ,
I am the one who empower and save the family....

Disha patel

Tomisin Olusola Martins

Nigerian Poet, Teacher, Photographer and Author

THE COUNTRY OF YOUR BODY THAT FELLED BY AN AXE by Tomisin Olusola Martins

If you could remember
since you turned eighteen
you've been in pursued
of the greenest meadow.
you've always dreamt
of touching the bliss mellow of rainbow
in the soaring cliff;
you always have this feeling
of playing a chess game
with the White Men.

Your voice, in diverse facets
which throbs with the footless
echoes of thunderstorm;
carries the secrets Ballads
of the seven Hills:
reflections of heavenly bodies
and fascinating faces like Orangutans,
would someday open a room
for you to accommodate your inside.

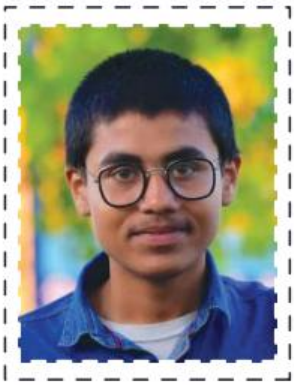
Sometimes you wish
you could find yourself
in the succulent embrace
of another man's country
after you've crawled
like a nursing baby
from seasons to seasons;
and discovered how life
weaved you inside-out
with the friendliest hollowness,
your only intimate confidant.

The chances of your survival
of building a roof on your head
and the chances of leaving
your homeland is zero percent;
you wish you would never find yourself
in a broken Country
that nailed you down to the Earth
the one you call your Lover
would be your only intimacy...

You always feel
there are hidden blades of fingers
pointed at you, in ready to strike
like an awaiting accent of thunder's beat.
Evil faces in the dark from high places
would always ferret out the dimples
of your feet left in the shore
when you find yourself
unbending with intractable Faith:
with the hope that the Sun
would one day smile on your side
when you know it is not forever

You would also find yourself
dragged down to the waterfront
when the only alternative
left in the breast
of your hopelessness is to break bones;
and the only heritage is your body
which you can't repatch
but a soft voice
would always pat your behind,
telling you not to go down the drain.

Tomisin Olusola Martins



Aman Kumar

Co-founder I Mindselo & Director
at Various Organizations

Simply let things arise and unfold naturally instead of formulating expectations and worrying. Things will usually turn out just perfectly.

Adopt her as she is. You might have some beautiful illusions for her in your mind but those beautiful thoughts are ugly enough to destroy your Relationship & kill one soul and million emotions. Welcome her with warm words and see her growing. Sometimes she might need you, just embrace her and pass one smile. It's enough for her to keep going towards achieving her dreams.

She is ready to do anything for your happiness. Even the dreams she has to chase are based on your wishes and expectations on one level. She is waiting to know your expectations to make you feel special. But, want to see the most beautiful scenario of happiness? Embrace and support her in her Journey. You know, She is like a flower growing in the lap of nature. Let her evolve and bloom. Her beauty exists in Divinity. Divinity is the right opposite word of the words, actions, Beliefs, .and Expectations of the society according to this context. She trusts you more than her. Please Please Please. Strong her trust and promise her to maintain that natural divinity.

And Turn She into He if needed.

You are the most beautiful flower in my world. Doesn't matter whether you're a part of my story or not. I'll love you more and more.

I'm on a mission to raise the human consciousness via Mindselo.

Aman Kumar

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Namaste India E Magazine Present's

Teenee Meenee Club

Age Group 3 to 5 Years

Activities:

1. Story Telling Sessions
2. Art n Craft Sessions
3. Birthday Blast
4. Chance to be featured in our magazine

Junior's Club

Age Group 6 to 12 Years

Activities

1. Handwriting and Calligraphy Sessions
2. Art n Craft Sessions
3. Spiritual Awakening Sessions
4. Birthday Blast
5. Chance to be featured in our magazine

Senior's Club

Age Group 13 to 18 Years

Activities

1. Handwriting and Calligraphy Sessions Or Debates and Elocutions
2. Yoga and Aerobics sessions Or Personality Grooming
3. Spiritual Awakening Sessions
4. Birthday Blast
5. Chance to be featured in our magazine

Women's Club

Activities

1. Spoken English class every 1st Sunday of the month
2. Cooking Class every Second Sunday of the month
3. Dance Mania every 3rd Sunday of the month
4. Birthday Blast
5. Chance to be featured in our magazine

Senior Citizen's Club

Activities

1. Weekly Meetings Online
2. Talks about past experiences
3. Story Telling sessions
4. Birthday Blast
5. Chance to be featured in our magazine

All Club's Membership fees 500/- Per Year

Contact : Bhavneet Kaur - 9601390499 I Sudhir Salunke - 9922957444

Thank You

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